

Choosing a Study Programme Workbook

HOW DO I CHOOSE A STUDY PROGRAMME?

INTRODUCTION

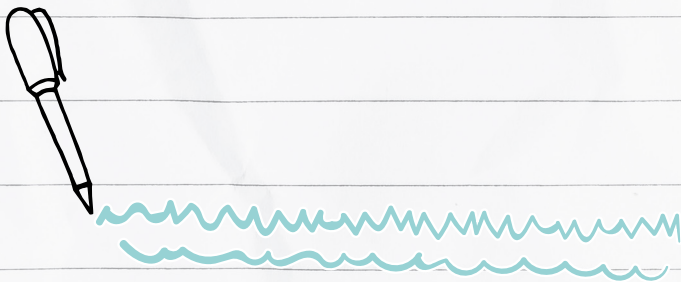
It's time to take the next step and choose a study programme. But how do you go about it? How do you decide what to study? Or which programme is the best fit for you? Choosing a programme in higher education can be daunting, and it's easy to get overwhelmed. With so many options available, how do you know you're making the right choice? And where do you start? We've created this workbook to make choosing a study programme a bit easier. In it, you will find step-by-step tools to help you think independently about your choice of programme.

The process of choosing a study programme has three steps. In the first step (**Step 1: Know yourself**), you'll explore your talents, qualities, and interests. Based on this self-knowledge, you'll identify suitable study programmes and gather information so you can really familiarise yourself with them (**Step 2: Know your options**). In step 3 (**Step 3: Choose a study programme**), you'll find out what you need to consider when making your final choice! To get the most out of this workbook, read the whole book carefully and complete all the tasks to help you choose the right study programme.

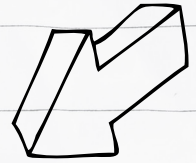
We wish you success on your journey towards choosing a study programme!

*Team Study Choice Advisors
Fontys University of Applied Sciences*

Want to know more? Then check out [Choosing your study programme | Fontys](#) to see what else you



Choosing a Study Programme Workbook



HOW DO I CHOOSE A STUDY PROGRAMME?

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STEP 2: Know your options

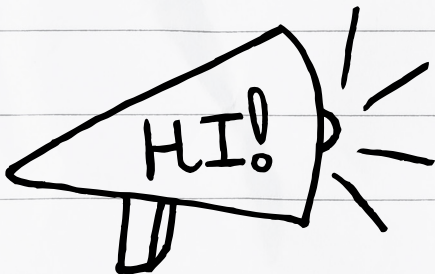
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What stands out on your list?

Make a list of the top five interests that you would really like to pursue.

- 1.
- 2.
- 3.
- 4.
- 5.

Task 2 - WHAT ARE MY PERSONAL QUALITIES?

Everyone has talents and good qualities, including you! These are your strengths. Knowing what they are is a crucial part of identifying the right programme. Look at the list below and tick 15 qualities that you recognise in yourself.

Select up to 15 characteristics for yourself

Calm and patient	Enterprising/adventurous	Negotiating
Someone who looks neat and tidy	Ambitious	Collaboration
Friendly	Flexible	Asking for help
Disciplined	Confident	Understanding of human nature
Handy and practical	Helpful	Perfectionist
Curious	Smart	Commercial acumen
Technical	Precise/orderly	Language skills
Musical	Sporty	Analytical
Modest	Determined	Writing skills
Creative	Tactical	Interpersonal skills
Sensitive	Assertive	Artistic
Active	Empathetic	Sense of numbers
Easygoing	Blunt	Social
Enthusiastic	Tolerant	Cost-conscious
Persuasive powers	Decisive	Organisational talent
Independent	Goal-oriented	Leadership capabilities
Taking responsibility	Good listener	Working systematically
Taking initiative	Obedient	
	Setting boundaries	



What stands out on your list?

Make a list of the top five characteristics that you would really like to apply.

- 1.
- 2.
- 3.
- 4.
- 5.

Task 3 - WHICH PROFESSIONS APPEAL TO ME?

Your interests from Task 1 and your traits from Task 2 can reveal a lot about who you are and what is right for you. They provide important information for making the right career choice. Look at the list of professions below and tick 15 that you feel a connection with (for whatever reason!).

Select up to 15 professions



PROFESSIONS

- | | | | |
|---------------------|--------------------|--------------------|------------------------|
| Pharmacy assistant | Special education | Social worker | Office manager |
| Lawyer | consultant | Management | Insurance agent |
| PE teacher | Criminologist | consultant | Accountant |
| Engineer | Physical therapist | Cybersecurity | Air traffic controller |
| Security officer | Biologist | specialist | Tax consultant |
| Tax consultant | Photographe | Anaesthesiologist | Judge |
| Pharmacist | Veterinarian | System | Software developer |
| Beautician | Flight attendant | administrator | Fashion designer |
| Controller | Social media | Dietician | Speech therapist |
| Entertainer | specialist | Youth worker | Economist |
| Computer scientist | Instructor | Doctor's assistant | Automotive |
| Lifestyle coach | Mediator | Programmer | engineer |
| Chiropodist | Psychologist | Border police | Entrepreneur |
| Game supervisor | Forensic scientist | Podiatrist | Marketer |
| Electrical engineer | Welfare worker | Pilot | Social scientist |
| Event manager | Coach | Accountant | Intermediary |
| Chef | Animal keeper | ICT specialist | Estate agent |



PROFESSIONS CONTINUED

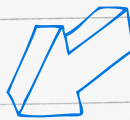
Nurse	Illustrator	Actor	Lawyer
Career coach	Researcher	Oral hygienist	Mathematician
Urban planning	Visual artist	Skin specialist	Trend researcher
Activity supervisor	Politician	Medical specialist	Radiologist
Police officer/ policing expert	Writer	Art therapist	Remedial teacher
Manager	Astronaut	Public administration expert	Laboratory technician
Website designer	Game designer	Physicist	Chemist
Communications consultant	Musician	Ambulance nurse	Anthropologist
HR advisor	Mechanical engineer	Editor	Architect
PR specialist	Structural engineer	Stockbroker	Interpreter/translator
Criminal investigator	Occupational therapist	Probation officer	Environmentalist
Business manager	Operating assistant	Obstetrician	Interior designer
Copywriter	Journalist	Lifestyle designer	*.....
(content writer)	Industrial Designer	Childcare employee	*.....
Multimedia designer	Hotel manager	Fashion designer	*.....
Consultant	Hospitality	Enforcement agent	*.....
Landscape architect	App developer	Military personnel	
Designer	Youth worker	Teacher	
Commentator	Logistics Employee	Dispensing chemist	
	Dentist	Psychotherapist	

** If you are interested in any professions that aren't on this list, feel free to add them*

What stands out on your list?

Make a list of the top five professions that appeal to you most.

- 1.
- 2.
- 3.
- 4.
- 5.



As you may already have discovered, there are many, many programmes available! It can be difficult to keep track of them all. That's why study programmes are divided into fields of study. You can see a list of these fields below.

Task 4 - CHOOSING WHAT TO STUDY

Take a look at the following fields of study and click on the ones that appeal to you most. Afterwards, you will see a list of all the programmes that are available in those fields.

>>> Business, Economics and Management

Are you curious about the world of business? Fontys offers a wide range of study programmes in business. From general business programmes giving you a helicopter overview of what is going on in the international business field, to more specialized study programmes, focussing on specific terrains like marketing, financing or communication.

>>> ICT and Software Engineering

We can't imagine a life without ICT anymore. It's an indispensable part of our daily life: smart phones, games, how we listen to music, cars, in every company ICT is integrated in the main process and it even ensures that doctors can do their work in hospitals. Our modern world runs on ICT!

>>> Logistics

Studying logistics means more than just transport, planning and ware-housing. Following a logistics study programme means you can use the skills you learn to improve the world.

>>> Health and Sports

Are you independent, brave, helpful, good at organizing, and interested in the human body? Consider a career in healthcare and sports.

>>> Arts

Fontys School of Fine and Performing Arts in Tilburg, The Netherlands, provides higher professional education on Bachelor and Master degree level in the field of art education, performing arts and science. The development of creative talent is one of our key-goals. Fontys School of Fine and Performing Arts offers you an inspiring learning environment in which you acquire knowledge and develop the skills you need to be successful in a rapidly changing art world. Did you know, we house 18 different art disciplines under one roof?!

>>> Language and Communication

Are you fascinated by our global society and how people interact in different cultures? Do you want to contribute to a better understanding among communities and help to develop creative solutions to today's challenges? The bachelor Communication Management (ICM) is a 4-year programme aimed at creative and cosmopolitan individuals who are open to the world. With extensive opportunities for international exchanges, ICM is an excellent stepping stone to a career in international and intercultural communications and related fields.

»» Engineering

Are you curious about technological developments? And do you like to design products and systems? A programme in engineering will probably be the right choice for you. Besides that, when you have finished your studies, there will be plenty of jobs just for the taking. Engineering is broad and has common ground with everything around you. During an engineering programme you will learn to realize products and to find solutions for problems. What is the function of a technical device or technical application? What is it intended for and for who? The final outcome will be a specific product or solution.

»» Trend Research & Concept Creation in Lifestyle | Fontys

We can create a sustainable and humane future for everybody? In that case, the programme of Trend Research & Concept Creation in Lifestyle is the right choice for you. Are you interested in trends, market developments and human behaviour, from a diverse creative perspective? Are you wondering what our world will look like in the future and how we can create a sustainable and humane future for everybody? In that case, the programme of Trend Research & Concept Creation in Lifestyle is the right choice for you.

Want to know more about the courses? Scan the QR code!!

If you haven't yet found what you are interested in, have a look at www.studyinnl.org for inspiration. There you can find all the university of applied sciences study programmes on offer nationwide.



Make a list of the top five study programmes that appeal to you most.

- 1.
- 2.
- 3.
- 4.
- 5.

Compare your top five study programmes to the top five professions you listed in task 3. What stands out?

»»

Task 5 - GATHERING INFORMATION

Now we're going to look more closely at your top three study programmes. Gather as much information as you can. This can be done, for example, by attending a webinar of a programme: [Choosing your study programme | Fontys](#). Let's chat! We, Fontys Student Ambassadors, are happy to answer your questions. Are you planning to study at Fontys and do you want to know more about the programme or the city? Or do you have questions about student life, sport accommodations or just our experiences in general? We are happy to answer all your questions. So don't hesitate to contact us! You can choose a student from your own country, or someone who is attending a course you would like to know more about. Don't mind the activity status: all students will get a notification when you ask a question. [Student ambassadors | Fontys](#)

Narrow down your list of the study programmes that interest you to your top three.

TOP 3 STUDY PROGRAMMES


- 1.
- 2.
- 3.

Task 6 - LEARNING MORE ABOUT STUDY PROGRAMMES

Choosing your future study programme is a big deal, and we want to help you find the perfect fit. That's why we're offering a bunch of events both online and on-campus to help you out. Whether you want to meet current students, chat with teachers, or get a feel for our campus, we've got you covered. [Meet us: Open Days and events | Fontys](#)

>> Check out this link for more information

It is important for you to visit different universities of applied sciences, as this will help you experience for yourself how each one is different in terms of the range of subjects, form of education and graduation options, for instance. To study successfully, it is also important to be in a pleasant environment. So please do visit several study programmes to get a taste of their unique atmosphere.

 Tip: spend a day shadowing someone who works in the field



Smart questions to learn more about a study programme

- >> What is the ratio of in-person to online teaching?
- >> What topics are covered in this programme?
- >> Which subjects are included in the programme?
- >> What is the balance between theory and practical lessons?
- >> How would you describe the atmosphere on this programme?
- >> What opportunities are there for work placements and internships?
- >> What specialisations or final project options are available on the programme?
- >> What opportunities are there for further study?
- >> What sort of careers do your graduating students go on to?
- >> What help and guidance is available to students on the programme?



Which study programmes appeal to you after learning about them?

Programmes that are right for me	Why they are a good fit



Now that you've gathered as much information as you can and have gotten to know one or more study programmes, it's important to compare them to find the one that suits you best. Use the table below to help you.

Task 7 - COMPARING STUDY PROGRAMMES

Compare the study programmes using your chosen criteria and rate them from 1 to 10 (1 = least interesting and 10 = most interesting)



Programme name	1.	grade	2.	grade	3.	grade	4.	grade
Location								
Content: Subjects								
Teaching methods (e.g., practical work, group work or lectures)								
Structure								
Assessment methods								
Specialisation / internship opportunities								
Admission/profile requirements								
Jobmarket: Career paths and job opportunities								
How well it suits you: Subjects Interests Hobbies Personal qualities								
Personal: culture / atmosphere								
.....								
.....								
.....								
.....								



<p>Instructions: Use a scale of 1–10. Rate each programme according to how right it is for you.</p>	<p>1 means:</p> <ul style="list-style-type: none"> - Completely wrong for me - Not at all interesting - Very difficult - Very frustrating 	<p>10 means:</p> <ul style="list-style-type: none"> - Completely right for me - Very interesting - Very important
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Add up your score for each programme. The programme with the highest score is the one most closely aligned with what's important to you.

Final check!

Decide whether there is a match between your chosen study programmes and your interests and qualities.

Your top five interests (see Step 1)

- 1.
- 2.
- 3.
- 4.
- 5.

Your top five personal qualities (see Step 2)

- 1.
- 2.
- 3.
- 4.
- 5.

80/20 Rule

You've probably ended up with a list of several programmes that appeal to you. But each programme will have elements you aren't so keen on. So use the 80/20 rule: If you find a course that has 80% everything in it and 20% elements that do not appeal to you, such as certain subjects, then you can still assume that this course is definitely worth it for you!



Must-dos when choosing a study programme

• *Start early*

Although you could choose a study programme by flipping a coin, finding the best fit for you involves making an informed choice. So invest time in choosing a programme. Don't fixate on making a 'perfect' choice. There will usually be several programmes that match your interests. **Making a final decision at the very last minute isn't actually a bad thing - as long as it's not a hasty decision.**

• *Take part in a taster day (in person or online)*

To get a clear picture of your future educational path, it's important that you really familiarise yourself with the programmes you are considering! As well as visiting the websites of the institutions you are interested in studying at, be sure to attend an open day, follow a webinar, or take part in a taster day or sneak preview. Prepare for these before you attend by thinking of questions you would like answers to.

• *Choose somewhere with teaching methods that suit your learning style.*

Are you a bookworm, or do you prefer to learn by doing? Find out how the courses on the programme are delivered. Some programmes are mainly project-based, while others focus more on lectures and seminars. Consider if these work for you when making your choice!

• *Look at the big picture*

Don't be too quick to focus on one study programme; look at similar programmes. **Comparing them will help you find the one that really excites you.** The more a programme aligns with what you want, the more motivated you will be about following it.

• *Your choice is not the endpoint - it's a new beginning*

A little bit of healthy doubt is quite normal. Keep in mind that the rest of your life is not set in stone. It's always possible to make changes, both during your studies and in your career afterwards.

• *Choose with your heart and your head*

A shortage of IT or healthcare professionals in the current job market does not mean that you should rush headlong into one of those professions. You can consider job security, but don't let it determine what you choose to study.

Others will often give you well-meant advice. However, as with many other things in life, you should always remember that this **is ultimately your path and your choice.** And it's important to be aware that your task here is not to make others happy, but to decide what is best for you. How do you prevent being overwhelmed and confused by all the conflicting advice? Simple: **By trusting yourself and your intuition.**

Choosing a Study Programme

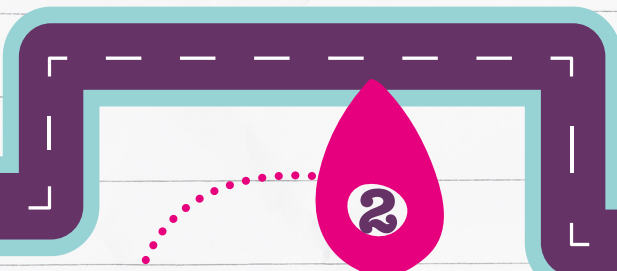
OVERVIEW

HOW DO YOU FEEL ABOUT YOUR CHOICE NOW? (1-10)



1 WHAT AM I INTERESTED IN?

1.
2.
3.
4.
5.



2

CHARACTERISTICS: WHAT ARE MY PERSONAL QUALITIES?

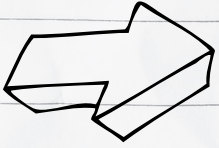
1.
2.
3.
4.
5.



3

SKILLS? WHAT AM I GOOD AT?

1.
2.
3.
4.
5.

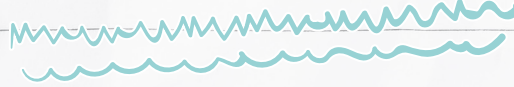


Go to fontys.nl/en for more information about open days, sneak previews, or taster days.

4 INTERESTING STUDY PROGRAMMES?

- 1.
- 2.
- 3.
- 4.
- 5.

WHAT IS YOUR FINAL CHOICE?



5



5 REASONS TO CHOOSE THIS PROGRAMME. LOOK AT THE 'COMPARING PROGRAMMES' TASK.